



DISCHARGE INSTRUCTIONS FOR CRANIOTOMY PATIENTS

You need to follow certain instructions and exercises in order to improve functional independence



Exercises

- Perform breathing and spirometry exercises as taught by the therapist, 4 times a day
- Perform general conditioning exercises for your arms & legs as taught by the therapist, 10 repetitions 4 times a day
- Go for a regular walk 4 to 5 times a day
- Increase your physical activity slowly



Wound Care

- Keep your incision clean and dry
- Monitor your incisions for any significant swelling, redness or drainage
- You may wash your hair with a mild shampoo (baby shampoo) 24 hours after your sutures are removed
- Refrain yourself from soaking in a bathtub, hot tub or pool for the first two weeks



General instructions

- Take your medication as directed
- Get adequate rest and sleep

Follow-up with the Neuro Rehab Out Patient Department after one month.



When to contact your doctor

Call your doctor if you experience:

- Swelling on the face or scalp
- Drainage from incisions or if they become red and hot
- Fever more than 101.4° or chills
- Confusion, memory loss, trouble in speaking or hallucinations
- Fainting or 'black-outs'
- Double or blurred vision, partial or total loss of vision
- Numbness, tingling or weakness in your face, arms, hands, legs or feet
- Stiffness in your neck
- Severe sensitivity to light (photophobia) or severe headache
- Seizure, nausea or vomiting
- Trouble controlling your bowels or bladder movements
- Fluid draining from the nose or ear